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Forward Together Update

University of Northern Iowa

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Forward Together Update

Dear Panther Community,

Below are a few updates you should know this week:

Don't forget to get your second dose if you receive the Pfizer-BioNTech or Moderna COVID-19 vaccines! The second dose is the one that primes your immune system for longer-term protection. Any side-effects are usually mild or moderate and demonstrate that your immune system is being engaged to protect you! Those who don't receive the second dose of the Pfizer-BioNTech or Moderna vaccines are not fully vaccinated, the CDC says.

Get vaccinated period! An estimated 60 percent of new COVID-19 cases are of the more infectious and more severe B.1.1.7 variant, according to recent CDC estimates. Vaccines are safe and effective against this variant. Both the Johnson&Johnson vaccine and the Pfizer-BioNTech vaccine will be available in on-campus clinics next week.

The more people who are vaccinated, the safer we all are. Over 237 million doses of vaccine have now been administered in the U.S., according to the CDC. More than 50% of Black Hawk County adults have received at least one dose.

Don't forget to keep your vaccination card safe (and bring it with you when you receive a second dose of a two-shot regimen). You may want to take a photo of it as a backup.

Please [register online](#) or copy this link into your browser for available Johnson & Johnson vaccine appointments still available: <https://forwardtogether.uni.edu/vaccine-signup>

If you have a question, please visit forwardtogether.uni.edu or email it to forwardtogether@uni.edu. Thanks for all that you do to keep yourself, your family and the Panther community safe.

Stay Well,

John Vallentine, Associate Provost for Faculty